

THE ULTIMATE ATHLETE PROJECT

by Ultimate Results



Schedules depending on training hours

A good schedule for Off-season Phase 6

Day 1	Lower 1
Day 2	Upper 1, Core circuit 1
Day 3	SAQ 1, Conditioning Day 1
Day 4	Upper 2
Day 5	SAQ 2, Lower 2
Day 6	Conditioning 2, Core circuit 2
Day 7	Active rest (do something!) Go through one of the warmups if you don't know what to do. You can also do a very brief conditioning session for extra blood flow and recovery purposes.

For those with time limitations...

5 days/hours per week

Day 1	Lower 1
Day 2	Upper 1, Core Circuit 1
Day 3	SAQ 1, Conditioning 1
Day 4	Active Rest
Day 5	SAQ 2, Lower 2
Day 6	Conditioning 2, Core circuit 2

4 days/hours per week

Day 1	Lower 1
Day 2	Upper 1, Core Circuit 1
Day 3	SAQ 1, Conditioning 1
Day 4	Active Rest
Day 5	SAQ 2, Lower 2

3 days/hours per week

Ideally this would be MWF or Tuesday, Thursday, Saturday

Day 1	Lower 1
Day 2	SAQ 1, Core Circuit 1
Day 3	SAQ 2, Lower 2

2 days/hours per week

This is not going to get you far, but in case of emergency:

Day 1	Lower 1
Day 2	SAQ 1, Core 1



week	sets	reps	rest	wt	reps	wt	reps	wt	reps	wt	reps
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A. Power Snatch from Floor

Timing (E-Is-C-IC): 4-0-1-0

1	4	3,3,2,1	150								
2	4	3,3,2,1	150								
3	3	3,2,1	150								
4	4	3,3,2,1	150								

- If you are unsure of your form, or experience any shoulder pain, do not do this exercise. You can try single arm dumbbell snatches as an alternative or just skip this exercise completely.
- Start with elbows straight. Do not jerk the weight up with arms bent!
- Get your hips back and chest over the bar.
- First part of the lift until about the knee is slow, then fast and explosive to get the weight overhead.

B1. Paused Heel Elevated Back Squat

Timing (E-Is-C-IC): 3-3-x-0

1	4	12,10,10,8	10								
2	4	11,9,9,7	10								
3	3	10,8,6	10								
4	4	12,10,10,8	10								

- Place 5 lb weight plates under the heels
- Isometric hold for three counts at the bottom of your squat
- Explode out of the bottom of your squat after the iso hold
- Keep the bar in contact at all times (it should not get airborne). You also should not get airborne.

B2. Triple Jump

Timing (E-Is-C-IC): (not applicable)

1	4	2	120								
2	4	2	120								
3	3	2	120								
4	4	2	120								

- Minimal ground contact time between jumps
- Stick the landing on the last jump

C1. Lateral DB Lunge

Timing (E-Is-C-IC): (not applicable)

1	4	(8-10)	75								
2	4	(7-9)	75								
3	3	(6-8)	75								
4	4	(5-7)	75								

- Speed is more important than weight used. Start with bodyweight if necessary.

C2. Standing Hip Flexion

Timing (E-Is-C-IC): 1-1-1-3

1	4	(8-10)	60								
2	4	(7-9)	60								
3	3	(7-9)	60								
4	4	(8-10)	60								

- Place one foot on a box or bench that causes your knee to be close to 90 degrees.
- Keep your hips level for the duration of this exercise!
- Pull your leg straight up (it won't go very far) and hold for three seconds before lowering it back to the bench.



week	sets	reps	rest	wt	reps	wt	reps	wt	reps
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A1. Backward Medicine Ball Toss

Timing (E-Is-C-IC): (not applicable)

1	2	6	90						
2	2	6	90						
3	2	6	90						
4	2	6	90						

- Bring the ball down between your legs
- Think about pushing your hips back as if in a deadlift
- Use your whole body (pop those hips forward!) to propel the ball up and back over your head
- Ignore the sprinting in the video!

A2. 1 Leg Medicine Ball Toss

Timing (E-Is-C-IC): (not applicable)

1	2	3 each leg	90						
2	2	3 each leg	90						
3	2	3 each leg	90						
4	2	3 each leg	90						

- Stand on one leg holding the medicine ball in both hands.
- The throw should feel like a single leg countermovement jump except that the ball is propelled straight up and you stay mostly on the ground.
- The medicine ball should be light (approx. 4-8 pounds).
- If you do not have a medicine ball, leap off of one leg and land on both feet.

B1. Deadlift

Timing (E-Is-C-IC): 1-0-1-0

1	3	(4-6)	10						
2	3	(3-5)	10						
3	2	(2-4)	10						
4	3	(4-6)	10						

- Shoulders retracted.
- Spine neutral. Look at a spot on the floor about 5 feet in front of you.
- Get your hips back and chest over the bar
- Arms should be straight at the start of the lift
- Back remains flat as hips come forward and weight lifts up

B2. Box Jump

Timing (E-Is-C-IC): (not applicable)

1	3	(8-10)	90						
2	3	(7-9)	90						
3	2	(6-8)	90						
4	3	(5-7)	90						

- Knee angle at takeoff should be approximately the same as knee angle upon landing. If knee angle is less than 90 degrees, your box is definitely too high.
- Practice landing quietly

C1. Paused SL Heel-Elevated Hip Extension

Timing (E-Is-C-IC): 3-0-1-0

1	3	(8-10)	75						
2	3	(7-9)	75						
3	2	(7-9)	75						
4	3	(8-10)	75						

- Elevate the foot of the working leg on a step
- Can be elevated on a Bosu ball for added difficulty.
- Nonworking leg remains straight
- Pause at the top of the movement

C2. Standing Calf Raises

Timing (E-Is-C-IC): (not applicable)

1	3	(15-20)	75						
2	3	(15-20)	75						
3	2	(15-20)	75						
4	3	(15-20)	75						

- Place your midfoot on a step or box. Hold onto something to help your balance.
- Get full range of motion on these and really squeeze your calves at the top for a full contraction
- Do these as quickly and explosively as possible without jumping.



week	sets	reps	rest	wt	reps	wt	reps	wt	reps
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A1. 1/2 Typewriter Chin-up

Timing (E-Is-C-IC): 3-0-1-1

1	3	(7-9)	75						
2	3	(6-8)	75						
3	2	(5-7)	75						
4	3	(7-9)	75						

- Maintain height during lateral motion
- Elbows in line with torso

A2. Pullover

Timing (E-Is-C-IC): 3-0-2-0

1	3	(8-10)	90						
2	3	(7-9)	90						
3	2	(7-9)	90						
4	3	(8-10)	90						

- Keep elbows at approximately the same angle throughout the movement
- As you lower the weight, you should feel a slight stretch in your lower pectoral muscles
- Squeeze your chest to initiate the movement and bring the weight above your face.
- Keep your hips up and core engaged for the duration of the set.
- At the end of your set, place the weight on the bench beside you or drop it to the floor after lowering it behind your head.

B1. Prone Incline Row/Iso DB Row

Timing (E-Is-C-IC): 3-0-1-0

1	3	(8-10)	75						
2	3	(7-9)	75						
3	2	(6-8)	75						
4	3	(8-10)	75						

- Reps with non-dominant arm first. Opposite arm holds at top position until all reps are complete. Then rep with dominant arm while non-dominant arms holds the top position.
- Keep shoulders retracted (squeeze shoulder blades together)
- Grip is prone. Arms moving in the transverse plane (elbows out away from the body)

B2. Flat DB Bench with Iso Hold

Timing (E-Is-C-IC): 2-0-1-0

1	3	(8-10)	75						
2	3	(7-9)	75						
3	2	(6-8)	75						
4	3	(5-7)	75						

- Reps with non-dominant arm first.
- Opposite arm holds at the 1/2 rep position until all reps are complete.
- Then rep with dominant arm while non-dominant arms holds the 1/2 rep position.



week	sets	reps	rest	wt	reps	wt	reps	wt	reps
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A1. Paused High-Incline Semi-Sup'd DB Press

Timing (E-Is-C-IC): 2-2-1-0

1	3	(7-9)	90						
2	3	(6-8)	90						
3	2	(5-7)	90						
4	3	(7-9)	90						

- Pause at the bottom keeping tension in the chest, do not rest!
- Keep shoulders retracted

A2. 1 & 1/4 Inverse Row

Timing (E-Is-C-IC): 2-0-1-0

1	3	(7-9)	90						
2	3	(6-8)	90						
3	2	(5-7)	90						
4	3	(7-9)	90						

- Quarter rep at the top. Get your chest to the bar for full shoulder retraction
- Feet can be elevated on a box or bench
- To make it easier, have feet on the floor with legs straight
- For even easier, bend the legs with feet on the floor

B1. Single Arm DB Bench Press

Timing (E-Is-C-IC): 3-0-1-0

1	3	(8-10)	75						
2	3	(7-9)	75						
3	2	(6-8)	75						
4	3	(8-10)	75						

- Do all reps on one side. Then the other.
- Do not hold any weight in the non working limb. Engage the core to resist rotation.
- Maintain tension in the pecs at the bottom of the movement.

B2. Single Arm Standing Cable Row

Timing (E-Is-C-IC): 2-0-1-2

1	3	(8-10)	75						
2	3	(7-9)	75						
3	2	(6-8)	75						
4	3	(5-7)	75						

- Stand in a quarter squat position.
- Do all reps on one side, then the other.
- Engage the core to resist rotation.

C1. Dip

Timing (E-Is-C-IC): 3-0-x-0

1	3	(6-8)	60						
2	3	(5-7)	60						
3	2	(4-6)	60						
4	3	(6-8)	60						

- Controlled lowering until you feel some tension in the pectorals
- Keep elbows parallel, not caving in or flaring out
- If you cannot do dips and have no way off assisting yourself, do them with a bench

C2. Incline Y to T Raise

Timing (E-Is-C-IC): 1-1-1-1

1	3	(6-8)	60						
2	3	(7-9)	60						
3	2	(8-10)	60						
4	3	(9-11)	60						

- Initiate the movement at the shoulders. Thumbs face up to the Y position.
- Retract the shoulders fully and rotate to thumbs down as you bring the weight back to the T position.



week sets reps rest wt | reps wt | reps wt | reps

A1. Crunch and Reach

Timing (E-Is-C-IC): 2-0-1-2

1	3	(8-10)	0								
2	3	(8-10)	0								
3	3	(8-10)	0								
4	3	(8-10)	0								

- maintain neutrality of lower spine by reaching UP instead of crunching toward your knees.

A2. One Arm Carry

Timing (E-Is-C-IC): (not applicable)

1	3	25 yds	0								
2	3	30 yds	0								
3	3	35 yds	0								
4	3	40 yds	0								

- Use a heavy dumbbell
- Walk 20 yards and back

A3. Diagonal Plate Raise

Timing (E-Is-C-IC): 2-0-2-0

1	3	(8-10)	0								
2	3	(8-10)	0								
3	3	(8-10)	0								
4	3	(8-10)	0								

- Start in a squat position with the plate held to one side.
- Lift the plate diagonally and up over the opposite shoulder.
- Your eyes should follow the plate during the movement.



week sets reps rest wt | reps wt | reps wt | reps

A1. Reverse Crunch

Timing (E-Is-C-IC): 1-0-1-2

1	3	(7-9)	0								
2	3	(8-10)	0								
3	3	(9-11)	0								
4	3	(10-12)	0								

- Initiate movement from the lower abs
- Aim hips and feet straight up, not over the head.

A2. Side Plank with Hip Abduction

Timing (E-Is-C-IC): 2-0-1-0

1	3	(6-8)	0								
2	3	(7-9)	0								
3	3	(8-10)	0								
4	3	(9-11)	0								

- Lift hips off the ground to come to a plank position
- Lift leg as high as is comfortable keeping toes pointed forward.
- Watch for internal or external rotation of the hips and avoid it.

A3. Inchworm

Timing (E-Is-C-IC): 2-2-2-2

1	3	(6-8)	0								
2	3	(7-9)	0								
3	3	(8-10)	0								
4	3	(9-11)	0								

- Shoulders, hips, and ankles form a straight line at all times
- Walk your hands out, hold for two, walk back to a pushup position and hold for two.
- Put your feet against an immovable object as you perform this movement.



Off-season - Phase 6 Conditioning 1



week	sets	rest b/wn sets	rest b/wn reps
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A. 150 Shuttle (6x 25m)

1	3	90	6x 25m	0
2	4	90	6x 25m	0
3	5	90	6x 25m	0
4	6	90	6x 25m	0

Rest before next superset: 180

B. Low Squat Jump

1	3	90	20s	0
2	3	90	25s	0
3	4	90	30s	0
4	4	90	35s	0

Rest before next superset: 0

- *Get your butt low but chest up, maintaining a neutral spine.*
- *Stay low, with knee angle near 90 degrees.*
- *Think of lifting your knees quickly to your chest.*
- *Bounce with minimal ground contact time for the duration.*



Off-season - Phase 6 Conditioning 2



week	sets	rest b/wn sets	reps	rest b/wn reps
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A. Shuttle Complex

1	4	120	5m,5,10m,5,15m,5m	0
2	4	120	5m,5,10m,5,20m,5m	0
3	4	120	5m,5,10m,5,20m,10m	0
4	4	120	5m,5,10m,5,20m,15m	0

Rest before next superset: 360

- Sprint X1 and back,
- X2 clap pushups,
- Sprint X3 and back,
- X4 frog jumps,
- Sprint X5 and back,
- Sprint X6 and back
- (see pdf file for exact distances/nos each week)

B. Extended Pro-Lateral

1	4	120	5m,10m,15m,20m	0
2	4	120	5m,10m,15m,20m,10m	0
3	4	120	5m,10m,15m,20m,20m	0
4	4	120	5m,10m,15m,20m,30m	0

Rest before next superset: 0

- Sprints of various lengths with changes of direction
- (see pdf file for exact distances each week)



Off-season - Phase 6 - SAQ 1



week	sets	rest b/wn sets	reps	rest b/wn reps
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A. 3-point start to Uphill 15m Sprint

1	2	90	2 starts each leg	0
2	2	90	2 starts each leg	0
3	2	90	2 starts each leg	0
4	2	90	2 starts each leg	0

Rest before next superset: 120

- Hips up. Feet should be closer to hands than you might think.
- Lean over the hand on the ground. You should feel that you are close to falling over.
- You should feel some tension in the hamstrings like you are a spring ready to bounce.
- Accelerate as explosively as possible out of the starting position.

B. 3-step Approach Jumps

1	2	120	2 starts each leg	0
2	2	120	2 starts each leg	0
3	2	120	2 starts each leg	0
4	2	120	2 starts each leg	0

Rest before next superset: 180

- Reach up with the arm opposite the leg pushing off the ground for maximum reach height (layup style)

C. Lateral Shuffle to Sprint

1	1	0	2 each direction	0
2	1	0	2 each direction	0
3	1	0	2 each direction	0
4	1	0	2 each direction	0

Rest before next superset: 120

- Alternate directions each rep,
- Stay low in the shuffle,
- Use a crossover step to turn your hips and orient yourself quickly in the direction of sprinting.

D. Jog to Jab Step to Cut

1	1	0	2 each direction	0
2	1	0	2 each direction	0
3	1	0	2 each direction	0
4	1	0	2 each direction	0

Rest before next superset: 120

- Cut for 10m

E. Jog to Waltz Step to Cut

1	1	0	2 each direction	0
2	1	0	2 each direction	0
3	1	0	2 each direction	0
4	1	0	2 each direction	0

Rest before next superset: 0

- Cut for 10m



Off-season - Phase 6 - SAQ 2



week	rest b/wn		rest b/wn	
	sets	sets	reps	reps

A1. Backward Medicine Ball Toss

1	2	120	6	0
2	2	120	6	0
3	2	120	6	0
4	2	120	6	0

Rest before next superset: 180

- Bring the ball down between your legs
- Think about pushing your hips back as if in a deadlift
- Use your whole body (pop those hips forward!) to propel the ball up and back over your head
- Ignore the sprinting in the video!

A2. 1 Leg Medicine Ball Toss

1	2	120	3 each leg	0
2	2	120	3 each leg	0
3	2	120	3 each leg	0
4	2	120	3 each leg	0

Rest before next superset: 0

- Stand on one leg holding the medicine ball in both hands.
- The throw should feel like a single leg countermovement jump except that the ball is propelled straight up and you stay mostly on the ground.
- The medicine ball should be light (approx. 4-8 pounds).
- If you do not have a medicine ball, leap off of one leg and land on both feet.